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VANCOUVER metro®



Not even a phone call? Verizon dumps Canada

But other wireless foreigners may still find us attractive **PAGE 11**

This boy won't cry or live a lie

An 11-year-old transgender child doesn't hide from his classmates the fact that he was born a girl **PAGE 10**

Doing the body good

Metro editor Elisha Dacey recruits professional help in her publicly chronicled bid to shed the pounds **PAGE 17**

RIDDICK-ULOUS HE'S NOT

VIN DIESEL CONTINUES TO PROVE HE KNOWS WHAT HE'S DOING BY GIVING AUDIENCES WHAT THEY WANT **PAGE 13**



THE FACE OF STUDENT DEBT

Cait Flanders, a.k.a. the "Blonde on a Budget" blogger, managed to get out of \$28,155 in student debt in less than two years. Metro spoke with recent university graduates about how student debt affects their lives and their plans for the future. Story, pages 6-7. JENNIFER GAUTHIER/FOR METRO

Driver arrested following fatal hit-and-run

Richmond. 64-year-old cyclist was declared dead at the scene



MATT KIELTYKA
matt.kielyka@metronews.ca

A 26-year-old Richmond man was arrested Monday after allegedly killing a cyclist with his car and fleeing the scene.

Richmond RCMP were called to the 4400 block of No. 5 road after residents in the area heard a loud noise around 3:30 a.m. and went outside to see what had happened.

There they found the 64-year-old cyclist lying

prone on the sidewalk and immediately called for help.

Attempts to revive the rider were unsuccessful and he was declared dead at the scene.

Among the wreckage, investigators located the licence plate of the vehicle they believe struck the cyclist.

Mounties traced the licence plate back to a home in Richmond, where they arrested the 26-year-old suspect.

"We tracked down the vehicle quite quick after the incident, within half an hour," said Cpl. Stephanie Ashton. "The suspect lived near (the scene of the collision), about five or six kilometres away."

No charges had been laid

as of Monday afternoon, but Ashton said the investigation is still ongoing.

"We don't know what exactly happened yet," she said when asked whether speed or intoxication could have factored into the collision.

She added that the stretch of road is well known to police as an area of concern.

"There are a lot of complaints of speeding around there and we set up (enforcement) about twice a month," she said.

Police are attempting to notify the victim's family before publicly releasing his name.

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Unrelated incidents

Stabbings put men in hospital

Two men are expected to recover from stab wounds after two separate incidents in downtown Vancouver early Monday.

Police were called to Venue on Granville Street after a 27-year-old Surrey man was brought out of the club and found to be heavily bleeding from apparent stab wounds.

The stabbing occurred during a fight that broke out around 1:30 a.m.

As VPD were dealing with that incident, a 31-year-old with links to gangs was also found injured in the 800 block of Granville Street.

Investigators say the two incidents appear to be completely unrelated. No arrests have been made.

MATT KIELTYKA/METRO

Forewarning

Man calls police, says he plans to kidnap neighbour

Police in New Westminster say they received a disturbing phone call Sunday morning from a man claiming he wanted to kidnap his neighbour.

Sgt. Diana McDaniel says the suspect called the non-emergency telephone number, but police were unable to trace the call.

Police are asking for help in identifying the man, as they cannot say for sure that his threats were fake.

McDaniel says the man is 29 years old and wants to be called "Fleece Johnson." His potential victim is a 26-year-old woman who lives nearby on Columbia Street. **THE CANADIAN PRESS**



From left: bus driver Abbas Mohajer, B.C. Federation of Labour president Jim Sinclair and student volunteer Connor Daine serve hotdogs to the hungry crowd gathered to observe Labour Day at John Hendry Park in East Vancouver on Monday. LUKE BROCKI/FOR METRO

Not all smiles at Labour Day bash

Strife on the horizon. Talk of feds 'destroying the country,' teachers stand ready to strike

LUKE BROCKI
vancouver@metronews.ca

A casual passerby might have missed the tension at the Labour Day festivities near the shore of East Vancouver's Trout Lake on Monday afternoon.

At first glance, it was all hotdogs and buttered corn, kids chasing pets with wagging tails and bearded seniors grating to live rock music.

But fired-up union organizers provided contrast, insisting their fight for solidarity was vital, now more than ever.

"There's no doubt the assault on the labour movement is big. (Prime Minister Stephen) Harper is destroying the country, but we stand in his way," said B.C. Federation of Labour president Jim Sinclair about a private member's bill working its way through Parliament that aims to force unions to file financial statements.

Sinclair had just gotten back from Toronto, where Canada's newest union, Unifor, was born on Saturday out of a merger of the Communications, Energy and Paperworkers Union and the

Quoted

"We're not the problem. The problem is the people at the top who have too much."

B.C. Federation of Labour president Jim Sinclair

Canadian Auto Workers. He hopes its newly assembled 300,000 members — and the annual \$10 million Unifor plans to put into organizing — will help a nationwide fight to defend middle-class families.

"We're not the problem," said Sinclair, adding a special message to small-business owners. "Instead of attacking

us, you should be saluting us today. Because when we get a pay increase, we take it to Main Street."

B.C. NDP Leader Adrian Dix expressed concerns over ongoing labour conflicts marred the celebration, including tens of thousands of support workers at B.C.'s public schools who are now in strike position.

"They're going to do what it takes to get a fair deal, and if that means withdrawing service, our 27,000 members are prepared to do that," said Paul Faoro, secretary-treasurer of CUPE BC, the union representing school support workers. "The government is crying poverty, but this is about priorities."

1 NEWS

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Tornadoes rage across eastern Japan

Utility poles fall over a road after a tornado in Koshigaya city, north of Tokyo. Tornadoes tore through eastern Japan on Monday, leaving dozens of people injured, at least one seriously, and destroying some buildings.

KYODO NEWS/THE ASSOCIATED PRESS

1st Cuba-Fla. swim without a shark cage

5th time's a charm.

The swim took Diana Nyad nearly 53 hours, according to a support team member



Diana Nyad talks to supporters and fans after her journey. ANDY NEWMAN/FLORIDA KEYS BUREAU/THE ASSOCIATED PRESS

Looking dazed and sunburned, U.S. endurance swimmer Diana Nyad walked ashore Monday, becoming the first person to swim from Cuba to Florida without the help of a shark cage.

The 64-year-old Nyad swam up to the beach just before 2 p.m. EDT, about 53 hours after starting her journey from Havana on Saturday. As she approached, spectators waded into waist-high water and surrounded her,

taking pictures and cheering her on.

"I have three messages. One is, we should never, ever give up. Two is, you're never too old to chase your dream. Three is, it looks like a soli-

tary sport, but it is a team," she said on the beach.

"I have to say, I'm a little bit out of it right now," Nyad said. She gestured toward her swollen lips, and simply said "seawater."

Her team said she had been slurring her words while in the water. She was placed on a stretcher on the beach and received an IV before she was taken by ambulance to a hospital. But her doctor later declared her essentially healthy and expected her to recover quickly from dehydration, swelling and sunburn.

It was Nyad's fifth attempt and what she had said would be her last try to complete the approximately 110-mile swim. Her first attempt was in 1978. **THE ASSOCIATED PRESS**

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News, Made Better



'Freeman' to some, outlaw to others

'Sovereign citizen' movement. Authorities warn against those who flout government, laws

He introduces himself as Brian Arthur of the Alexander family. He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have "freed"

themselves from what they see as an overbearing government.

"People can't afford to live, and they're basically destroying society," Alexander says at his home in Kamloops, B.C.

He speaks about the plight soldiers have faced upon their return from Afghanistan and about the ailing environment.

Alexander says violence has no place in the movement, but one official who has followed the rise of Freemen in Canada says there have been a number of confrontations.

"What we've seen over the last year is ... an increasing level of desperation," says Ron Usher of the Society of B.C. Notaries. "People just don't like the idea that someone isn't going to help them with their fantasy."

The Law Society of B.C. has also issued warnings, writing in a bulletin last year that Freemen tenets include "an unrestricted right to possess and use firearms."

Law-enforcement agencies are busy developing awareness

Freemen in action

- In the U.S., the FBI considers the movement a domestic terror threat.
- In Canada, the "Sovereign Squamish Government" claims to distribute its own licence plates, and one Ontario Freeman is recruiting a police force.

materials. THE CANADIAN PRESS



Brian Alexander, of Kamloops, is one of a growing number of Canadians following the "sovereign citizen" movement. DARRYL DYCK/THE CANADIAN PRESS



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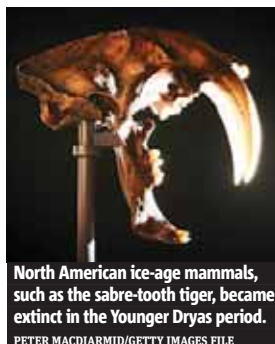
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Quebec meteor altered fate of Earth: Research



North American ice-age mammals, such as the sabre-tooth tiger, became extinct in the Younger Dryas period. PETER MACDIARMID/GETTY IMAGES FILE

Somewhere under the bedrock of southern Quebec lie the ancient, undiscovered traces of an enormous meteor strike so catastrophic that it helped set the course of human history.

At least, so argues Dartmouth University geochemist Mukul Sharma in a new paper.

Sharma studies the Younger Dryas, a period about 13,000 years ago when the Earth suddenly reversed a warming trend and cooled radically for more than a millennium.

North American ice-age

mammals from camels and ground sloths to sabre-tooth tigers became extinct. Humans had to learn to survive on roots, berries and small game — and maybe even shift to agriculture.

Some scientists hypothesize it was related to the collapse of a giant ice dam formed by receding glaciers, which released a huge flood of cold freshwater that disrupted ocean currents. Others suggest something else must have been at work as well.

Sharma and his colleagues examined marble-like rocks

found in Pennsylvania and New Jersey that date right from the start of the Dryas period. These "spherules" can only be made through extraordinary heat.

What's more, Sharma found the spherules weren't local — they closely matched those from areas in southern Quebec.

Sharma believes he has discovered evidence of a huge meteor strike that hurled rubble over a good chunk of the continent. THE CANADIAN PRESS

Saguenay, Que.

Blood likely used to deface mosque

Police in Quebec's Saguenay region have been called in after a mosque was vandalized over the weekend — spattered with what could be pig blood.

Representatives of the area's small Muslim community say they believe it to be an isolated incident, and Saguenay Mayor Jean Tremblay agrees.

"All it takes is one or two stupid people for something like this to happen," he said.

A letter was also sent to the mosque and to the local Radio-Canada station spouting anti-Islamic rhetoric.

Hussein Hassan, co-founder of the mosque, believes the actions are the work of "fanatics" and "unbalanced people" or "jokers," who are not representative of Saguenay.

Local police said the incident will be investigated.

THE CANADIAN PRESS

What does B.C. student debt look like after graduation?

Money matters.

Former students share their stories of success and stress



EMILY JACKSON
emily.jackson@metronews.ca

A communications major whose personal-finance blog helped her scrape away \$28,155 worth of debt in just two years.

An engineer who celebrated erasing \$20,000 in student debt by taking friends out for dinner and footing the \$500 bill on his credit card.

A graphic designer who feels so suffocated by her \$67,000 debt load that she struggles to see a future involving home ownership or children.

Meet the face of student debt in B.C., the province where students go the deepest in the hole to fund their educations, according to an August BMO survey that pegged the average debt at nearly \$35,000, compared to \$26,000 across Canada.

As thousands return to Vancouver's six post-secondary institutions, Metro spoke with former students to see how debt affects lives after school.

Still counting pennies

Cait Flanders, 28, vividly remembers peeling back the top corner of her credit-card statements so she could just see the minimum and not the entire amount.

"I just didn't want to admit to it," Flanders said.

With one year left in university and \$100 in cash to last six weeks, she started recording every cent she spent

on a blog to keep herself honest. Two years later, the New Westminster resident behind "Blonde on a Budget" is debt-free.

A big help was moving home for six months, but she still treated herself to the occasional Starbucks despite the flak she got on her blog.

"You just have to find what's pleasurable in cheaper ways," she said.

Trying to stay positive

After spending nearly \$70,000 to fund her education, freelance designer Chrissy Davey, 35, doesn't want to give up on her field.

"It's a tough thing in Vancouver because there's a lot of competition in the creative industries," Davey said.

She didn't have the option to live at home while studying at Emily Carr, nor could she afford an unpaid

internship — something she wishes she had done to get ahead — if she wanted to pay rent.

She applies to about three jobs a day and is considering leaving the Lower Mainland for work. "It's a lot of energy to try to remain positive through it all," she said.

"There are people I know who travel places or who are buying houses and having kids. I don't see that happening for me right now."

Getting an education was worth it

"I'm not sure if I'm just being naïve about it, but I think that student debt is a good debt," said SFU grad Kelvin Claveria, 29, who works in digital marketing.

His mom was a single parent, so he knew he had to pay for school and doesn't really stress about the \$23,000 in debt he has remaining.

Crystal Kwon, 28, credits working during her degree to helping her manage money. She works in her field of public relations and erased her \$30,000 in debt since graduating in 2007. And, yes, she did an unpaid internship while living at home.

Stop stressing

To celebrate the end of his student debt from a UBC engineering degree, Misha Grebenyuk, 28, took his best friends out for dinner.

"After you pay off \$20,000, what's \$500?" he said. Grebenyuk counts himself lucky due to the job prospects from his technical degree and is fantasy-shopping for cars now that he's debt-free.

"For me, the biggest thing is just the mental aspect of just being above zero," he said. "Debt was stressful. It's not a good feeling."

Cait Flanders, a.k.a. the "Blonde on a Budget"

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blogger, managed to get out of \$28,155 in debt in less than two years without giving up the occasional Starbucks. JENNIFER GAUTHIER/FOR METRO

Financial tips for current students. Say no to the latest gadgets, yes to rec centres, receipts

Start financial planning early

Talking cash can “come across a bit on the dry side,” said Darran Fernandez, UBC’s associate director of enrolment services, but he recommends visiting your school’s advisors ASAP.

Advisors can help students be smarter with their money. Plus they can help find bursaries and scholarships.

Needs vs. wants

It helps to think in terms of fixed costs such as rent, tuition, textbooks and utilities versus variable costs such as clothing, type of phone, food and cable, said Manoj Bhakthan, SFU’s director of financial aid and awards.

While there’s not much to do about fixed costs — unless moving in with par-

ents is an option — “you don’t need the latest smartphone.”

Use your school’s services

The rec centres are nearly free compared to private gyms, the U-Pass is way cheaper than regular fares and some textbooks are available used or through the library, Bhakthan said.

Get a job

UBC has a work-learn program that helps students find on-campus part-time jobs, and SFU encourages co-op jobs during a degree.

Tax deductions

Save those receipts. Students get tax deductions for tuition, textbooks and moving expenses, or they can pass the deductions to family members.

EMILY JACKSON/METRO



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Obama admin. must sell us strategy on Syria: Republicans

U.S. Congress. Sen. John McCain says U.S. intervention will be tricky because Bashar Assad 'is moving his forces around'

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad's Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama's intervention now will be more difficult because Assad "is moving his forces around." Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

The Republican senators, who often speak with the same voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria "must be assured that this is different from the past two years of neglect" on the part of the administration.

Also on Monday, France re-



Members of pro-Kremlin parties picket against possible U.S. military action against Syria near the U.S. Consulate in St. Petersburg, Russia, on Monday. The banner reads "Hands off Syria." DMITRY LOVETSKY/THE ASSOCIATED PRESS

leased an intelligence report alleging chemical-weapons use by Syria's regime that dovetailed with similar U.S. claims, as Assad warned that any military strike against his country would spark an uncontrollable regional war and spread "chaos and extremism."

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration's insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

'Balanced stance'

U.S., Russia to meet on Syria?

President Vladimir Putin proposed on Monday to send a delegation of Russian lawmakers to the United States to discuss the situation in Syria with members of Congress. Two senior Russian legislators suggested that to Putin, saying maybe U.S. legislators can be persuaded to take a "balanced stance."

THE ASSOCIATED PRESS

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NEWS

09

Egypt

Dissolve Muslim Brotherhood, Egyptian judges recommend

A panel of Egyptian judges recommended Monday the dissolution of the Muslim Brotherhood, adding momentum to a push by authorities to ban the ousted president's main backer and a pillar of political Islam in the region.

Since the military deposed Mohammed Morsi in a July 3 coup, it has steadily intensified a crackdown on the Brotherhood, Egypt's largest political organization. Hundreds of its members are in detention and facing prosecution, many on charges of inciting violence. Morsi himself has been held in an undisclosed location since his ouster. On Sunday, state prosecutors charged him with inciting the murder of his opponents.

The recommendation is nonbinding for the court, which holds its next hearing on Nov. 12.

THE ASSOCIATED PRESS

Sweden. Obama to face NSA surveillance protests

Internet freedom activists plan to protest U.S. online spying when Barack Obama visits Stockholm this week, but the Swedish officials say they won't raise the sensitive issue with the U.S. president.

Foreign Minister Carl Bildt told The Associated Press on Monday that government surveillance of the Internet is "going on worldwide" and is not something on the agenda during Obama's visit Wednesday and Thursday. "We are not entirely innocent ourselves," Bildt said. "We conduct both intelligence and security operations on the Net. But they are regulated by law. And we have

stringent safeguards and surveillance of them."

He also noted that the European Union already is in discussions about "data privacy" issues with the United States.

Critics have accused the Swedish government of double standards for not speaking out against U.S. surveillance programs exposed by National Security Agency leaker Edward Snowden. "It is astonishing and awful that they don't want to raise this issue," said Anna Troberg, a spokeswoman for Sweden's small Pirate Party, which advocates online freedom without government interference. **THE ASSOCIATED PRESS**



Sweden's Foreign Minister Carl Bildt, pictured here in June, told The Associated Press on Monday that Internet surveillance activities are happening worldwide and that "we are not entirely innocent ourselves." **THE ASSOCIATED PRESS FILE**

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Transgender student Wren Kauffman, 11, left, reads with his sister Avy Kauffman, 9, in Edmonton last week. Wren was born a girl but at age nine started identifying as a boy and now lives his life as a male. JASON FRANSON/THE CANADIAN PRESS

Transgender boy shares his story

Born a girl, and it's no secret. Wren, 11, is the youngest openly transgender kid at his Edmonton school

When 11-year-old Wren Kauffman goes back to school this week, he won't be hiding the fact that he was born a girl.

Teachers, friends and other students at his Edmonton school know the truth — that he's a girl on the outside but feels like a boy on the inside. And that's why, even at such a young age, he has chosen to live in the world as the opposite sex and not keep it a secret.

"If you're not yourself, then it kind of gets sad and depressing," says the freckle-faced kid with short-cropped hair.

"I'm glad that I told everybody."

More students these days are coming out in school as gay but also as transgender or transsexual and they're doing it at younger ages, says Kris Wells, a researcher with the Institute for Sexual Minority Studies and Services at the University of Alberta.

Some studies show six out of 1,000 students experience transgenderism. About one out of 170 teachers are transgender.

Wells says his office gets calls and emails from parents and schools across the coun-

Jerks will be jerks

"People tease me right now, and I can handle it. The way that I like to look at it is that they're just practice for the real jerks in life."

Transgender student Wren Kauffman, 11

try at least once a day asking for advice. A few years ago, he helped a child swap sex roles while in Grade 2 at a Catholic school in rural Alberta.

Some students and their families choose a more secretive approach, switching schools or even moving to other provinces so they can start fresh, he says. Others transition over the summer and return to school in the fall identifying with their new sex.

Brave students, like Wren, proudly announce who they used to be — and who they are now.

At first, Wren's parents thought it was a phase. Then they thought their child might be gay.

But as Wren got bigger, so did the sadness and frustration.

Wendy Kauffman says it finally hit home when Wren was about nine and she was tucking her six-year-old child, Avy, into bed one night.

"She said to me, 'You know, Mom, Wren is a boy and he told me to tell you.'"

Wendy says she got a bit defensive. "I said, 'Well, I know Wren wants to be a boy.' Avy said, 'No, Mom, he

REALLY wants to be a boy.'"

Kauffman, tears welling up in her eyes, says it was a pivotal moment. Her youngest child had seen it all so clearly and, now, she did too.

THE CANADIAN PRESS

Always felt like a boy

'When do I get to be a boy?'

Wren, born Wrenna, says he doesn't remember a time when he didn't feel like a boy.

Growing up, he hated wearing dresses. When he was five, he had his mom take him to a hairdresser to cut off his long, brown locks. He wanted to look like Zac Efron from High School Musical.

Wendy Kauffman says she and her husband, Greg, knew their daughter was different. She would often ask: "When do I get to be a boy?" She pleaded to be born again in order to come out right.

JAMIE FAY
OWNER, END OF THE LINE GENERAL STORE
PART-TIME STUDIES STUDENT

BCIT works.

Verizon no longer looking to enter Canadian market

Still concerned. Telus and Bell breathe a sigh of relief at the news but remain on the offensive

Verizon Communications Inc. is no longer interested in entering the Canadian wireless market, the company's CEO Lowell McAdam said Monday.

McAdam made the comments after the company announced it had agreed to pay \$130 billion US for the 45 per cent stake in Verizon Wireless owned by British cell-phone carrier Vodafone.

"At this point in time we're not interested in entering the Canadian wireless market," McAdam said, according to Verizon spokesman Bob Varettoni.

Canada's wireless companies were quick to respond, saying Verizon's decision does not ease their concerns about wireless rules in this country.

Josh Blair, the executive vice-president of Telus, said he remains concerned about government policy on the spectrum — the radio waves needed to make cellphone networks operate — available to Canadian wireless carriers.

"This has never been about Verizon coming into Canada or not; it's always been about fair access to spectrum," Blair said.

"Spectrum is the lifeblood of our industry, and without fair access to it, that's going to potentially permanently disadvantage Canadian companies," he said. Bell Canada spokesman Mark Langton

Rules remain 'wide open'

The big wireless providers argued that big foreign players like Verizon would have an unfair advantage under the current wireless rules.

- "Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum," said Josh Blair, executive vice-president of Telus.

called it "significant news" but echoed Blair's concerns about regulations in Canada.

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Groovy: Lava lamp turns 50

The lava lamp, an iconic piece of British design, is celebrating its 50th birthday. Since its launch in 1963, Mathmos lava lamps have been in continuous production at their factory in Poole, Dorset. The company founder and eccentric inventor originally developed the lava lamp from an egg timer design he saw in a Dorset pub. LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

Hit-and-run case

Thai prosecutors seek warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said Monday.

THE ASSOCIATED PRESS

The Cove

Fight to stop dolphin hunt continues in Japan

Former Guns N' Roses drummer Matt Sorum was in a remote Japanese fishing village Monday to protest against its annual dolphin hunt.

Sorum, who now leads his own group, is the latest celebrity to join the increasingly global campaign to stop the dolphin kill in Taiji, made famous by the Academy Award-winning 2009 film about the hunt called The Cove.

THE ASSOCIATED PRESS

HOW DARE YOU BE SO SELFIES?

All right, I don't want to be another one of those people complaining about "kids these days," but, teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.



SHE SAYS

Jessica Napier
metronews.ca

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh, sure, there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora

of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places where you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And, no, captioning your selfie with #respect doesn't make it OK.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Opposable thumbs? Pshaw



STEVE JONES/PHOTOSHOT/SOLENT NEWS

House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." **METRO**

Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the colder days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets

you donate each click/calorie to a charity of your choice.



Comments

RE: Is There Any Point to an Arts Degree?

"Is there any point to an arts degree?" Not in any large numbers/volume. There just are not the jobs out there.

If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't

overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).

CCToronto, posted to metronews.ca

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger. **Guesswhosback, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:

Send us your comments: vancouverletters@metronews.ca

DVD reviews



Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (*Clash of the Titans*) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles. Extras include director/producer commentary, deleted scenes, two making-of featurettes and an extended director's cut.

PETER HOWELL

Give 'em more Vin

Riddick. If his success with the *Fast and Furious* franchise is any indication, Vin Diesel knows just what the fans want in a movie



NED
EHRBAR

Metro World News in Hollywood

With *Riddick*, Vin Diesel is looking to repeat the success he had reviving his *Fast and Furious* franchise — he'll start shooting the seventh instalment right after *Riddick* is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited *Hannibal* film.

And maybe he'll even squeeze in a *Marvel* flick somewhere. The actor's been hinting about a *Marvel* collaboration and even put up a comic-themed photo on his Facebook page.

After the successful revival of the *Fast* franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?

Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend \$200 million like every other Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.



Riddick opens Friday. CONTRIBUTED

How much fun have you been having teasing people about your *Marvel* news?

Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while D23 is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without disregarding the *Marvel* policy.

What about your long-planned *Hannibal* project?

You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (*Hannibal*) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer

to traversing the Alps.

You've been holding out for this for so long.

It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this *Hannibal* you've been promising? Come on, this is bulls—!" "But I'm doing *Fast*..." "I don't want to hear it!"

2
SCENE



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What about Bob?

Filthy Gorgeous.

Documentary looks at the sometimes contradictory life of Penthouse founder Bob Guccione

With a mass of gold chains as thick as a plate of spaghetti on his hairy chest, a deep bedroom voice, leather pants and title as publisher of the pornographic magazine Penthouse, the late Bob Guccione seemed a one-dimensional character to many.

But beneath the tanned, lady-killer facade was a solitary intellect and artist who had a deep interest in science, according to the new documentary *Filthy Gorgeous: The Extraordinary World of Bob Guccione*.

"Unlike the brands of (Hugh) Hefner, and Larry Flynt for that matter, Guccione was the polar opposite," says Barry Avrich, director of the doc that premieres Sept. 9 at the Toronto International Film Festival.

"Guccione wasn't interested

in being a brand. He was interested in building brands, but not brands themselves. He was reclusive, he didn't go to parties.

"He didn't feel that he had to have



Bob Guccione may have peddled smut, but he possessed a solitary intellect.
THE CANADIAN PRESS

a girl or two girls on either arm to perpetuate the brand."

Early in his life, Guccione's career goals were also the polar opposite of those he eventually achieved.

As the film shows, the Brooklyn-born mogul studied to be a priest as a teen. He then tried to make it as an artist around Europe.

It was while in London with his second wife that he began a mail-order business selling pinup posters and set out to create an equivalent of Playboy for a British audience — a mag with high editorial standards that captured "real women" and their sensuality.

Despite the controversy his idea created across the pond, the first issue of Penthouse in '65 was a hit and led to an empire of many magazines, including the science-based Omni and music-focused Spin. He also made major investments in lofty ventures, from nuclear reactors to casinos and the infamous '79 historical pornographic film *Caligula* starring Malcolm McDowell, Helen Mirren, and Peter O'Toole.

With his massive fortune, Guccione lived a life of luxury

'Infinitely fascinating'

Montreal-born Avrich embarked on the project after realizing no one had done "anything on Guccione — nothing. This was a huge opportunity to tell the world about a man that was infinitely fascinating," he says.

(his art collection in his ornate home included works by Matisse, Renoir and Picasso) with third wife Kathy Keeton, who helped run his business.

But in the late '90s and early 2000s, the magazine's circulation dwindled due to competition from Internet porn sites, and Guccione's company was forced into bankruptcy.

In 2010, after battling throat cancer, he died in Texas at age 79.

"It's a very tragic film. It's a tough film," says Avrich. "People aren't going to watch this film expecting to see — well mind you, there's tonnes of nudity, but not in a gratuitous, salacious way. It helps tell the story."

THE CANADIAN PRESS

Film news

Melanie Griffith's daughter to star in 50 Shades of Grey

Casting for the 2014 film adaptation of *Fifty Shades of Grey* has been

announced. On Monday, author E L James tweeted to her 300,000-plus followers, "I am delighted to let you know that the lovely Dakota Johnson has agreed to be our Anastasia in the film adaptation of *Fifty Shades of Grey*." Less than an hour later, James announced that Sons of Anarchy star Charlie Hunnam will be the male lead.

METRO



Dakota Johnson. GETTY IMAGES



Olivia Wilde stars in *Drinking Buddies*, which opens Friday. CONTRIBUTED

Imbibing in her Wilde side



**NED
EHRBAR**
Metro World News in Hollywood

Olivia Wilde's latest film, the indie dramatic comedy *Drinking Buddies*, takes on one of her favourite activities: drinking. Which is convenient, since writer-director Joe Swanberg strove for realism by having Wilde and her co-stars imbibe real beer during the shoot. The film follows two brewery employees and

longtime friends (Wilde and *New Girl* star Jake Johnson) who think there might be something more to their friendship.

What kind of drunk did you want Kate to be?

It was interesting trying to figure out what kind of drunk Kate would be, because she drinks so much all the time — and we were really drinking real beer the whole time we were shooting, so I was

familiar with what that would be like, to drink that much every day. But I wanted to play her drunk still very capable, cool, collected, a little woozy and she becomes a little emotional. But it was interesting because I was like, "I don't think she's a sloppy drunk." She couldn't have that job and be a sloppy drunk. She just gets a little slurry and a little slow and a little sultry. I thought it was fun.



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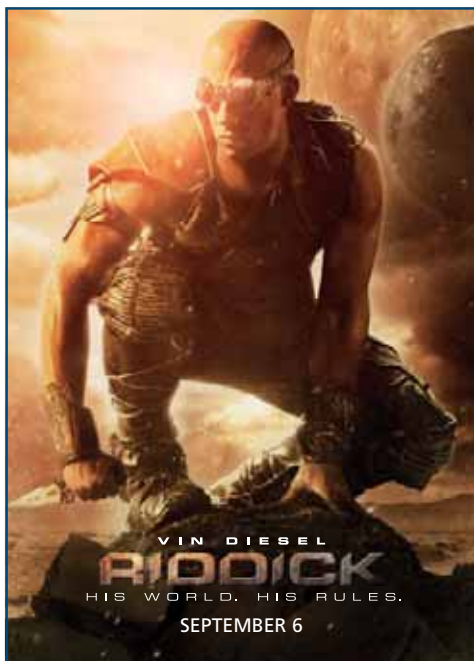


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OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Two divorces and demons — business as usual in Hollywood



STARGAZING
Malene Arpe
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're



going to tell us that Harry Potter and Draco Malfoy didn't elope.

True Blood's Stephen Moyer will play Captain von Trapp on a live broadcast of The Sound Of Music. I can't wait for him to eat all the children, the Nazis, the nun and the Edelweiss and then run off with Alcide. (See what I did there, Zachary Quinto?)

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet, despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."

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Half Off: Metro editor loses it

Training. Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA
VAN BUUREN
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."



Elisha Dacey with personal fitness trainer Jordan Ciecwa. METRO

Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of *Ace Your Health*, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that

makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

Fitness

Meet personal fitness trainer Jordan Ciecwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called *one-fitness.com*.

"What attracted me to Elisha is I saw what she was trying to accomplish."

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own

A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."

Elisha Dacey

needs."

Ciecwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone."

Ciecwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Ciecwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On work-days she has to consider her day not finished until she does her workout."

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

Elisha Dacey:

Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at metronews.ca/voices/half-off) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

Online

See Jordan Ciecwa take Elisha Dacey through nine basic exercises in our exclusive video stream, online at metronews.ca/halfoff.



3 THE



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Health Solutions

Don't be sheepish

Sheeps' milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do. Here's why:

- Milking sheep are grazed on grass and therefore have a much higher CLA (conjugated linoleic acid) amount.

CLA is a good fat that is said to help keep weight gain at a minimum.

- Sheeps' milk has almost twice the calcium as cows' or goats' milk.
- Sheeps' milk has almost twice the protein of cows' or goats' milk. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Split Pea and Barley Soup: A hearty Rosh Hashanah starter



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

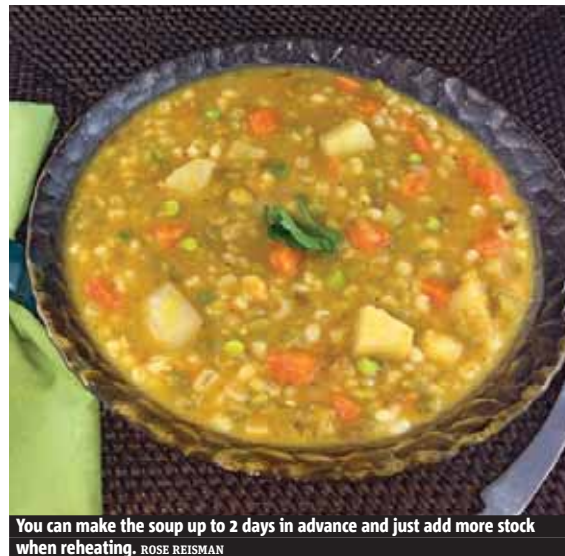
During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray,

Restrictions

Not all Jewish dietary or traditional requirements may be met by these recipes.



You can make the soup up to 2 days in advance and just add more stock when reheating. **ROSE REISMAN**

Ingredients

- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook

for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

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How to sweep her off her feet

In love. We spoke to the Kaufmans, who live in Valley Stream, N.Y., about what's kept their bond of 44 years so strong

MEREDITH ENGEL

Metro World News

You've likely uttered a big "Awww" upon seeing Morty and Lee Kaufman sweep each other off their feet — and dust off the armoire — in that popular Swiffer commercial.

And good news for romantics: The couple is just as in love in real life as they are in the commercial.

How did you two meet?

Lee: I was a widow and so was he, as we found out after we met. His little boy was in my summer reading class and Morty came for a required parent conference, and that was really how the whole thing started. And after that we kind of left Scotty on his own and got interested in each other.

Morty: I walked in and I said

to Lee, "Scotty can't read for beans, what are you gonna do about it?" She wasn't too intimidated but nevertheless I felt that I laid everything out straight for her. And later on I came in to have another conference with her, and I said, "I didn't come to speak about Scotty — would you care to go out with me?" And from then on it blossomed into a lovely romance. We've been married 44 years now. We got married on Valentine's Day 1969, and we've had a good marriage. Our children are wonderful to us, and we're wonderful to our children, and we're wonderful to each other.

Lee: And I must add that Scotty is an excellent reader. It all worked.

What drew you to each other?

Morty: You know, we both had been widowed in our early 40s, and there was a common bond between us in that we had similar situations. We got along fine. She's a lovely girl.

Lee: Wow. ... It did work out well. We never really sat down and figured the points of what was good and what was bad — it really just went along,

especially when our children began to get along.

Morty: I'll tell ya, I think an important factor was the fact that our previous marriages were both very satisfactory. We both came in with good concepts of marriage and then we were widowed in our very early 40s and we re-entered into marriage with a good attitude.

How do you resolve arguments?

Morty: You compromise or you give in. No difference of opinion is that important as to interfere with your love for each other. Each one of us gives in more than we'd like. But we give in.

Lee: We were each of us the youngest in our family, and my bigger brothers and sisters always told me where I could sit and what I could do, and if I threatened to complain to mom and pop they threatened me back, so that's what happens when you're the youngest: You learn to accommodate. And we found each other very accommodating. Really, that was a good contributing factor.

Morty: You gotta take care of each other.



The Kaufmans, from the popular Swiffer commercial, are just as happy outside the ads. CONTRIBUTED/ SWIFFER

How do you keep things fun over the years?

Lee: Well, we're quite sociable. We've been theatre-goers in Manhattan —

Morty: Opera-goers for 40 years.

Lee: Yes, that got to be our thing. Actually, Morty introduced me to the opera part of it, and fortunately I discovered that it was a nice thing so it was a good thing for us to share. There are friends who join us — we've been a group for a long time who does that sort of thing — and then the rest is just nice

socializing that most people do with each other and with their friends.

Morty: We eat a lot.

Lee: Yes, we eat a lot (laughs).

Morty: We don't cook too much. After 90, you don't want to really exert yourself. You want things done for you in a nice, easy fashion.

Everyone wants to know: How do you keep the sparks flying after all these years?

Morty: Well, there is nothing racy. It's just warm apprecia-

tion of each other. Your bodily demands vary with different ages as you get older. As you get older, you can just appreciate squeezing each other's hand, hugging each other.

Lee: I just gave him a poke because I just want him not to divulge all the secrets of our successful life together.

Morty: Listen, there's nothing quite as good as a loving hug and a good warm kiss. That keeps you going.

Lee: Thank you, Morty.

Morty: You're welcome.

Insurance — a back-to-school essential



YOUR MONEY
Alison Griffiths
money@metronews.ca

No sooner had my youngest daughter headed off to university than some wretch stole her backpack. Gone was a cellphone, keys to her dorm room and an expensive hearing aid.

Fortunately, because she was

in residence, our policy covered everything after a \$500 deductible.

Insurance isn't something that's on most back-to-school lists, but it should be. Theft, especially of expensive electronic devices, is common on campuses. In April, for example, Simon Fraser University in Burnaby, B.C., issued a warning that campus thefts had doubled over the previous year.

It's important to know if the household policy covers loss, damage or theft of the student's possessions and to what degree. For example, a student renting an apartment or room may need a separate tenant package whereas personal belongings in a residence could be covered.

In other cases, parents might need to pay a bit extra to extend coverage up to a certain limit as long as the student is living

away from home.

Before sending an offspring to post secondary studies with a vehicle, shop around for insurance. "Some companies price occasional drivers much better than others," notes Anne Marie Thomas of InsuranceHotline.com. And if a student is listed as a driver but won't be taking a car with them, Thomas suggests the parents ask the insurance company about a discount,

"because the exposure to risk has been reduced since the student won't be driving as often."

Students should also be aware that insurance goes with the vehicle. If they lend the car and there is an accident, generally speaking the car owner's insurance, not the driver's, will take care of the claim.

Make sure kids fully understand their responsibilities, especially if drugs or alcohol are

involved in a crash. Or simply forbid them from lending (unless they need a designated driver) and pray they pay attention. Thomas urges parents not to forget about liability.

"If the child is sued while in a dorm or a shared apartment, don't make the assumption that the parent's liability will be extended." Everyone hates paying for insurance — until it's needed.

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Whitecaps 'have faith' for do-or-die stretch

MLS. Vancouver side hitting the road with playoff hopes hanging in the balance



CAM TUCKER

cam.tucker@metronews.ca

One point earned the hard way. A full three crucial points lost.

That was the case after the Vancouver Whitecaps had to fight their way back from an early two-goal, first-half deficit for a 2-2 draw with Chivas USA on Sunday at BC Place Stadium.

The Whitecaps, with the single point against Chivas, the last-place club in the MLS Western Conference, are two points out of a playoff spot.

The Vancouver side is now onto the toughest part of its MLS regular-season schedule. The Whitecaps, only 2-7-3 away from BC Place in MLS competition this year, now play five of their remaining eight games on the road, including a three-game trip that begins on Saturday against FC Dallas.

The trip could determine whether the Whitecaps get back into the playoffs for a second consecutive year, or if they will be on the outside looking in, wondering what might have been. In June and July, the club had a stretch during which it won



Whitecaps goalkeeper David Ousted reacts after allowing a first-half goal to Chivas USA's Erick Torres on Sunday at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

six of eight games to jump into contention for top spot in the conference.

"I feel like we can get some wins on the road if we come together as a team and not play as individuals. I think that's going to hap-

pen," Whitecaps rookie Erik Hurtado told reporters after Sunday's result against Chivas, in which the speedy midfielder set up the tying goal in second-half stoppage time.

"I'm expecting a couple

of wins out of the team and I know the team expects it, too. When we come together and play our game, we're top in the league. I've got faith in the guys and the guys have faith in the team. We're ready to get on the road."

Baseball

Canadians set up playoff series with AquaSox

The Vancouver Canadians will have the opportunity for a third consecutive Northwest League championship, after clinching a playoff spot Sunday night in the second-to-last game of the Single A regular season.

The Canadians, who took on the Tri-City Dust Devils to close out the regular season on Monday, will return to Vancouver for Game 1 of their playoff series with the Everett AquaSox on Tuesday at Nat Bailey Stadium.

The Canadians rallied for two runs in the top of the eighth inning on Sunday, giving them a 2-1 win over the Dust Devils to secure that post-season spot in what was a down-to-the-wire finish with the Spokane Indians. **METRO**

Tennis

Raonic drops marathon match with Gasquet at Flushing Meadows

Canadian Milos Raonic lost to France's Richard Gasquet in five sets on Monday in the fourth round of the U.S. Open.

The pair needed more than four hours, 40 minutes to settle the match 6-7 (7), 7-6 (7), 2-6, 7-6 (11), 7-5.

Gasquet advances to play Spain's David Ferrer in the Grand Slam tournament's quarter-final.

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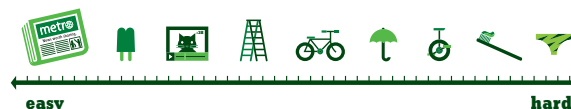
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Horoscopes

Aries

March 21 - April 20

Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

Taurus

April 21 - May 21

Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

Gemini

May 22 - June 21

Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

Cancer

June 22 - July 23

You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

Leo

July 24 - Aug. 23

You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

Virgo

Aug. 24 - Sept. 23

It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

Libra

Sept. 24 - Oct. 23

It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

Scorpio

Oct. 24 - Nov. 22

There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

Sagittarius

Nov. 23 - Dec. 21

Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

Capricorn

Dec. 22 - Jan. 20

You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

Aquarius

Jan. 21 - Feb. 19

It may be true that someone is trying to undermine your authority but it is important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

Pisces

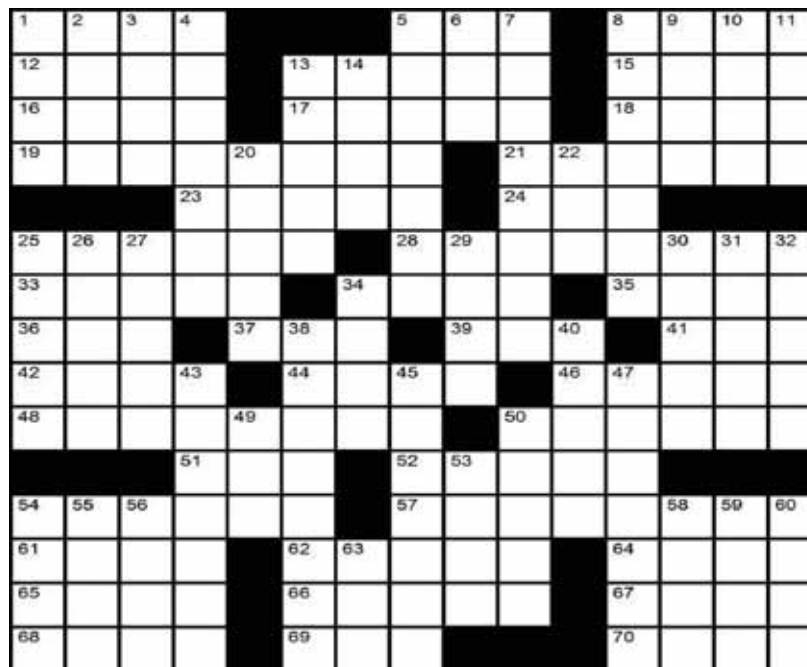
Feb. 20 - March 20

It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ to School
5. From A ___ (Step-by-step)
8. Poker token
12. Wings: Latin
13. ___ diving
15. ___-call (Automated phone message)
16. Fall mo.
17. Trompe '___ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beach-combers" main character, Nick ___
33. Spew fire
34. Newbie, variably
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Cadillac Records" role
44. Hawk's lofty nest [var. sp.]
46. Whitney Houston song: "Greatest Love ___"



48. ___ set (Compass, ruler, triangle, etc. kit)
50. Canadian note-books brand
51. Work of what?
52. Jagged
54. 3-ring ___
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady ___ goes!"

64. "The Flintstones in ___ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You ___ Me" by Sam Cooke

1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day fol-lower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from

- 2001: "Izzo (___)"
10. "___ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning "Seven"
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain

26. Give a stately speech
27. ___ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, ___ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The ___" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It ___"
59. Level
60. Belinda Carlisle hit: "Circle in the ___"
63. The ___ (Sault Ste. Marie's nickname)

Friday's Crossword

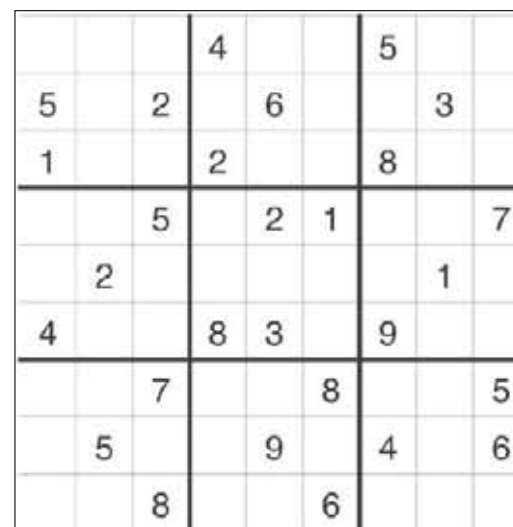
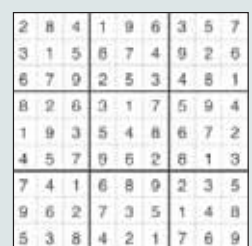


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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